



# **Kingsport Senior Center News**

**September 2014**

**Volume XXII Edition 9**

**1200 East Center Street  
Kingsport, Tennessee 37660**

## **Murder at the House of Bingo**

**Thursday, October 2nd and Friday October 3rd**

**5:30p.m.-7:30p.m.**

**Allandale**

**Cost: \$20.00 per ticket**



**Tickets will go on sale  
September 9, 10, 11 from  
9:00a.m.-12 noon.**

**Meals sponsored by:  
Thursday: Hamlet Dobson  
Friday: Emeritus at Remington House**



Marlo and Alfredo, owners of The House of Bingo, along with their Call Girls– Brandy, Bambie and Bunny, welcome all you Bingo fans to their “Posh” establishment. Guests can expect an exciting evening of Bingo! However, expect to be amused by interruptions from crusty ol’ Aunt Rowena, and surprised when a murder occurs during the evening. Detective Telly Wice works undercover to discover possible illegal gambling, and with help from you, the Bingo playing audience,

# Center News

## Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments,, and questions from members.

## Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center.**

**For more information call the Center at (423) 392-8400**

**<http://seniors.kingsporttn.gov>**

## Center Hours

**Monday thru Friday 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047**

**\*NEW\* Hours: 9am to 2pm - Monday-Wednesday  
Closed: Thursday and Friday  
(See Branch Site Page for more information)**

**\*The Exercise Room and Computer Lab will close  
15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2014-June 30, 2015**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

## Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator ~ Cindy Price  
cindyprice@kingsporttn.gov  
392-8402

Lori Calhoun ~ Secretary  
loricalhoun@kingsporttn.gov  
392-8400 **FAX 224-2488**

Program Leader ~ Michelle Tolbert  
michelletolbert@kingsporttn.gov  
392-8404

Wellness Coordinator ~ Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader ~ Marlana Williams  
marlanawilliams@kingsporttn.gov  
392-8405

Program Assistant ~ Jane Whitson  
janewhitson@kingsporttn.gov  
392-8406

Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Nutrition Site Manager ~  
246-8060

# WELLNESS

## WELLNESS SEMINARS

**Flu Vaccine Clinic:** Walgreens Pharmacy will be offering a Flu Vaccine Clinic on **Tuesday, September 9, 2014** from 8:30 am to 11:00 am in the hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient, pneumonia vaccine will be available and is covered by Medicare. Without any insurance the current retail prices of the vaccines are:

- **Influenza: \$31.99**
- **Pneumonia: \$94.99**

You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Walgreens will also verify patient medical/immunization history, provide information on all vaccine types, give the patient an immunization card for his/her reference, and provide the immunization information to the clients primary care physician. Stop by the office to sign up, walk-ins are welcome.

**Mountain States Mobile Health:** Mountain States Mobile Health will be at the Senior Center on **Thursday, September 18, 2014** from 7:00 am to 4:00 pm in the front parking lot for Cardiovascular Assessment. Cost is \$89.00 (Cash, Check, Credit, HAS, MSHA team member payroll deduction). The assessment includes:

1. **LIPIDS** (Total cholesterol, HDL, LDL, Triglycerides) and GLUCOSE readings. (fingerstick)
2. **BIOMETRICS** - Height, weight, waist and blood pressure measurements.
3. **CARDIOVASCULAR ASSESSMENT**
  - \* **Carotid Artery Scan**
  - \* **Aorta Scan**
  - \* **Ankle Brachial Index Measurements**

4. **SLEEP DISORDER QUESTIONNAIRE** - The STOP BANG questionnaire consists of eight questions to determine the risk of sleep apnea.

**CALL 1-855-673-3376 TO SCHEDULE YOUR ASSESSMENT**

**Mary Kay:** Wanda Graham will be at the Senior Center on **Tuesday, September 23, 2014** at 10:00 am in the Card Room. Wanda will be doing free facials and participants will learn about the benefits of proper skin care for ages 50 and above. Stop by the office and sign-up, there's a limit of 10 seats available.

## LAP SWIM

The times for lap swim will be from 9:00 am to 12:00 noon starting **Tuesday, September 2, 2014.**

## Woodshop Safety Class

Woodshop safety class is held every 1st Monday of the month in the Card Room at 9:00 am, sign up in the office.

## TOURNAMENT

**Table Tennis:** Come join us for a table tennis tournament on **Wednesday, September 10 2014** at 1:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Deadline for sign-ups is Monday, September 8, 2014.

## Basic Woodworking Class

Howard Osborne will be teaching a Basic Woodworking Class for 6 weeks on Tuesday and Thursday from 9:00 am to 11:00 am starting **Tuesday, September 16, 2014 - Thursday, October 23, 2014** in the Woodshop. Cost is \$50.00, materials needed will be determined on the first day of class. There will be 3-4 wood projects created in class, and must have a minimum of 4 sign up for class to be held.

## FIRST DISTRICT SENIOR OLYMPICS

The First district Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives, promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation and fellowship. The following counties are included in the First District: **\*Carter \*Greene \*Hancock \*Hawkins \*Johnson \*Sullivan \*Unicoi \*Washington**

The 2014 first TN District dates: October 13 - October 17, 2014. Track & Field at Liberty Bell Track, Johnson City: Saturday, October 11th. Golf tournament, Cattails at Meadowview, Kingsport: Wednesday, October 22nd.

For more information contact, Teresa Sutphin, Coordinator. Phone: 423-722-5120

Email: [tsutphin@ftaaad.org](mailto:tsutphin@ftaaad.org) / Web site: [www.tnseniorolympics.com](http://www.tnseniorolympics.com)

## LUNCH & LEARN

**Living Wills:** Cassie Parrish, Volunteer Coordinator with Amedisys Hospice will be at the Center on **Thursday, October 30, 2014** in the Card Room from 11:00 am to 12:00 pm with lunch to follow at 12:00 pm. Topic of discussion will be "Living Wills: Five Wishes". Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you chose the person you want to make health care decisions for you if you are not able to make them for yourself. This is an event you will not want to miss, so mark your calendar and plan to attend! You must reserve a seat to attend. Sign up starts on September 17, 2014, there is a limit of 30 seats available.

Daily Activities and Classes at the Center

Monday

Lap Swimming ~ 9:00~Aquatics Center  
SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Open Woodshop ~ 9:00  
Quilting ~ 9:00 ~ Room 303  
High Impact Aerobics ~ 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Clay, Beginning Hand building / Wheel Demonstration ~ 10:00 ~ Clay/Ceramic Studio  
Strength Training ~ 10:15 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

Tuesday

Lap Swimming ~ 9:00~Aquatics Center  
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Basket weaving ~ 10:00 ~ Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

Lap Swimming ~ 9:00~Aquatics Center  
SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Clay, Intermediate / Advanced ~ 10:00 ~ Clay/Ceramic Studio  
Strength Training ~ 10:15 ~ Gym  
Intermediate Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Belly Dancing ~ 1:00 ~ Room 302

Table Tennis ~ 1:00 ~ Gym

Thursday

Lap Swimming ~ 9:00~Aquatics Center  
Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Exercise for Everybody ~ 10:30 ~ Gym  
Intermediate Dulcimer ~ 11:00 ~ Atrium  
Beginning Belly Dance ~ 11:30 ~ Room 302  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00~ Gym  
Piano lessons ~2:00 ~ Multipurpose room (appointment only)  
Pickleball ~ 4:00 ~ Gym

Friday

Lap Swimming ~ 9:00~Aquatics Center  
SilversSneakers Classic~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Strength Training ~ 10:15 ~ Gym  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym  
Exercise Room ~ 9:00-12Noon

Aquatic lap swim time has changed  
**beginning on September 2nd.**  
Time is not exclusive to the Senior Center, however Senior Center members can use this time at no cost to them.  
**New time: 9:00a.m.-12noon**

TRAVEL AND SPECIAL EVENTS

**Ashville Art Museum Tour & Thomas Wolfe House Tour**—Friday, October 17, 2014— Ashville, NC— 9:00a.m.-5:30p.m.— Cost: \$8.00 plus lunch on your own. Day of trip: Art museum entrance fee: \$4.50 and Wolfe House fee: \$2.50— **Sign up begins September 3.**

**Five Oaks Shopping**— Wednesday, October 29, 2014— Pigeon Forge, TN— 8:30a.m.-5:00p.m.— Cost: \$8.00 plus lunch on your own— **Sign up begins September 1.**

**ETSU Reece Museum & Guided Historical Walking Tour of Jonesborough**— Wednesday, November 19, 2014— Johnson City & Jonesborough, TN— 10:00a.m.-4:30p.m.— Cost: \$5.00 plus lunch on your own at Bonefish Grill after lecture. **Sign up begins September 3.**

**West Town Mall Shopping**— Thursday, November 20, 2014— Knoxville, TN— 8:30a.m.-5:30p.m.— Cost: \$8.00 plus lunch on your own— **Sign up begins September 3.**

**Christmas Connection**

Sign up will begin September 2<sup>nd</sup> for tables in the Senior Center Room.  
Cost is \$20 per table  
Only 1 table per person  
Christmas Connection will be November 7-9, 2014.

**Beginning Drawing**

Friday, September 26, 2014  
Room 303  
1:00p.m.-4:00p.m.  
Cost: \$20.00 paid to instructor  
Instructor: Anne Thwaites  
**Minimum of one participant required for class to go**  
Learn how to draw with basic drawing exercises.  
**Sign up began August 26.**

**Bob Ross Style Painting**

Wednesday, September 17, 2014  
10:00a.m.-2:00p.m.  
Room 303  
Cost: \$50.00 paid to instructor  
Jay Holdway  
**See example in display case. Bring your lunch.**  
**Sign up began August 20.**

**Cooking with Tracy**

Monday, September 8, 2014  
Lounge  
11:00a.m.-12:30p.m.  
Cost: \$2.00  
**Sign up now!**



TRAVEL AND SPECIAL EVENTS

OTLB: Wolf Laurel Country Club

Friday, October 10, 2014  
9:30a.m.-3:30p.m.  
Wolf Laurel, NC  
Cost: \$24.00 all inclusive

You will choose entree off the menu at sign-up.

The Wolf Laurel Clubhouse is the centerpiece and the hub of activity at the Club. Nestled on top of a ridge the Clubhouse overlooks Big Bald Mountain at 5,516', one of the highest points in WNC. The views from the Clubhouse deck offer some of the most dramatic and panoramic mountain views in all of North Carolina.

Sign up begins September 3.

Wohlfahrt Haus Presents:  
"Little Shop of Horrors"

Thursday, October 16, 2014  
9:45a.m.-6:00p.m.  
Wytheville, VA  
Cost: \$45.00 all inclusive

A down-and out skid row floral assistant becomes an overnight sensation in this musical sci-fi spoof when he discovers an exotic plant with a mysterious craving for fresh blood. Soon "Audrey II" grows into an ill-tempered R&B singing carnivore who offers him fame and fortune in exchange for feeding its growing appetite. "This horticultural horror will have you screaming with laughter..." says the New York Post."

Sign up begins September 5.

Barter Theatre Presents: "My Fair Lady"

Tuesday, October 21, 2014  
Abingdon, VA  
10:30a.m.-6:00p.m.  
Cost: \$20.00 plus lunch on your own at Cheddar's

Adapted from George Bernard Shaw's play *Pygmalion* and Gabriel Pascal's motion picture *Pygmalion* An unlikely love story with some of the greatest songs written for the Broadway stage and filled with witty dialogue and unforgettable characters. Sparks fly as cockney flower-seller Eliza Doolittle and the rich and arrogant Professor Higgins combine to create the ultimate makeover

Sign up begins September 9.

OTLB: Chesapeake's Seafood

Friday, November 14, 2014  
Knoxville, TN  
9:15a.m.-4:00p.m.  
Cost: \$8.00 plus lunch on your own

Menu available at sign up



Sign up begins September 3.

# Your Page

## From the Dancing Corner

Come out to celebrate and to welcome a new band, *The Model City Wrecking Crew*, on September 12, 2014. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

*Model City Wrecking Crew* is a four-piece band from Kingsport, TN, that performs classic rock music. Band members include Joe Ball on guitar and vocals, Dwight Brown on bass and vocals, Jimmy Dale on keyboards, and Michael Dale on percussion. Model City Wrecking Crew performs material from popular artists including Creedence Clearwater Revival, Eric Clapton, Bob Seger, The Eagles, James Taylor, and The Rolling Stones. Former members of the *PF Flyers*, Dwight, Joe, and Jimmy started the Model City Wrecking Crew along with Michael in 2012.

Joe began playing guitar in grade school and played throughout high school and college. Although he enjoys Americana, Blues, Jazz, and contemporary Christian music, Joe is most interested in performing music of the late 60's, 70's, and early 80's. Joe has played with local bands, The Full Grace Grifters and Armchair Karma, and his musical influences include Eric Clapton, James Taylor, Larry Carlton, and Bonnie Raitt.

The Beatles' arrival in America sparked Dwight's interest in playing rock 'n' roll. Dwight is originally from Georgia, and his first band, Edifice Wrecks, continues to be a favorite in the northeast Georgia area. His college rock band Ravenstone is considered one of the "Godfathers of Athens Rock." Living in East Tennessee influenced him to also play bluegrass, old-time, folk, and contemporary Christian music.

Jimmy was classically trained on piano from age five and played trumpet in school. His musical influences include Leon Russell,

George Harrison, Creedence Clearwater Revival, and Chicago. Jimmy has played with local bands since 1980, including the popular Uptown Country Band. He also plays contemporary Christian music.

Michael played fiddle at an early age and began playing drums at age twelve. His musical influences include Led Zeppelin, Rage Against the Machine, Muse, and the Gorillaz. Michael also performs contemporary Christian music.

We hope you will enjoy listening and dancing to the memorable music from the 60's and 70's performed by this foursome.

## Massage Therapy

Mondays and Tuesdays

9:00a.m.-3:00p.m. with Barbara Keesecker

call 423 - 735-7475

30 minute massage

Cost: \$20.00

Call to schedule appointment

## Chinese Class

### ***\*Beginner Class\****

Class 1: Sept 3-Nov 12, 2014 (11 lessons)

### ***\*Intermediate Class\****

Class 2: Sept 3-Nov 12, 2014 (11 lessons)

### ***\*Conversational Chinese\****

Class 3: Sept 4-Nov 13, 2014 (11 lessons)

Location: Senior Center-Adult Education  
Classes (Rm303)

1200 E. Center St. Kingsport, TN  
423-392-8400

Class 1: 3:45PM-4:45PM– Wednesday

Class 2: 4:45PM-5:45PM– Wednesday

Class 3: 5:45PM-6:45PM– Thursday

\$55.00/Student; \$75.00/student with one  
parent (textbook not included)

\$60.00/per student for conversational  
Chinese class, minimum 4 students.


Contact: Jean Chang 288-2823/335-1594

Email: [jeanjchang@yahoo.com](mailto:jeanjchang@yahoo.com)

Friends of the Kingsport Senior Center presents

**September Dance**

**Friday 9/12/2013**  
**6:30-10 PM**



**Model City  
Wrecking Crew**

Renaissance Center  
1200 E. Center St.  
Kingsport, TN

Admission: \$5.00 / person  
Contact: 423 288-2668

NEWS TO USE	
<p><b><u>Dance If You Are Special/Ice Cream Social</u></b></p> <p>Thursday, September 25, 2014 2:00p.m.-3:30p.m. Cafeteria FREE</p> <p>Come and enjoy music and socialize with a great group of special people. Ice cream social provided by United Health Care</p> <p><b>Please sign up by September 19th.</b></p>	<p><b><u>Recipe of the Month</u></b></p> <p><b><u>BBQ Meatloaf</u></b></p> <p>2 lbs lean ground beef 7 slices whole wheat bread– cubed 2 eggs 1 cup BBQ sauce (I use Hickory Smoke) 1 medium onion Salt and pepper to taste</p> <p>Mix all together. Put in 9x13 pan. Bake at 350° for one hour. Add chopped green pepper and extra BBQ if desired.</p> <p><b>Recipe of the month provided by: Suzanne Glendenning</b></p> <p>Do you have a fantastic recipe you would like to share? Please send them in for the recipe of the month. You can bring them by the front office or email Amber at <b><a href="mailto:amberquillen@kingsporttn.gov">amberquillen@kingsporttn.gov</a></b></p>
<p><b><u>“S.M.I.L.E” Volunteer Meeting</u></b></p> <p>Thursday, September 11, 2014 Room 239 2:00p.m.-3:00p.m.</p> <p>This meeting will be held every second Thursday of each month.</p>	
<p><b><u>Senior Services Fair</u></b></p> <p>Tuesday, October 14, 2014 9:00a.m.-11:00a.m. 1st floor Hallways FREE</p> <p>Come receive information from our wonderful vendors. Door prizes awarded.</p>	



**Computer Class Schedule**

**Basic Computer:** Mondays Sept. 15, 22, 29  
Oct. 6, 13, 20 at 1:00p.m. Cost: \$25.00

**Microsoft Word:** Fridays Oct. 10, 17, 24, 31  
at 1:00p.m. Cost: \$25.00

**Cloud Computing:** Wednesday, Oct. 15 at  
9:00a.m. Cost: \$5.00

**E-Bay and Auctions:** Wednesday, Oct. 22  
at 9:00a.m. Cost: \$5.00

**Internet Security:** Wednesday, Oct. 29 at  
1:00p.m. Cost: \$5.00

**PowerPoint:** Tuesdays Nov. 4, 11, 18, 25 at  
1:00p.m. Cost: \$25.

**Digital Storage 101:** Saturday, September 20,  
2014. 9:00-11:30a.m. Cost: \$10.00 paid to instruc-  
tor. Instructor: Jamie Cypers

**How to use an iphone:** Saturday, September 27,  
2014. 9:00-11:30a.m. Cost: \$10.00 paid to instruc-  
tor. Instructor: Jamie Cypers

**Twitter– For the birds or me?:** Saturday, Octo-  
ber 11, 2014. 9:00-11:30a.m. Cost: \$10.00 paid to  
instructor. Instructor: Jamie Cypers.

The Senior Center Athletic Club  
will be  
making Apple Butter on Friday,  
September 19. If  
anyone has canning jars or  
supplies, please bring them by the  
office! Thank you!

**Manicures**

Tuesday, October 14, 2014  
Multipurpose Room  
11:30a.m.-2:00p.m.  
Cost: \$2.00

Dobyns-Bennett cosmetology students

**Sign up begins September 2.**

**KARAOKE:  
Tuesday, September 16, 2014**



**SMILE: Volunteers Wanted**

- (See Michelle if interested)
- Library Book Day
  - Volunteer Instructors
  - Welcome Center: Tour guides/Greeters for Center
  - Exercise Room
  - Entertainment
  - Program Liaison
  - Computer Lab
  - Nutritional Assistant

**Attend SMILE meeting- Thursday, September  
11 at 2:00 in Room 239.**

**Library Book Day  
Thursday, September 18, 2014**

Fall Session Classes 2014		
<p><b>Classes begin week of August 25, 2014—week of November 17, 2014, unless otherwise noted.</b></p> <p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday, Friday (ongoing)</li> <li>Time: 9:15am - 10:00am</li> <li>Location: Gym</li> <li>Instructor: Terri Farthing</li> <li>Lo-hi Impact Aerobics</li> </ul> <p><b>Ballroom Video Class</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 4:30pm - 6:00pm</li> <li>Room 302</li> </ul> <p>No instructor, practice on own</p> <p><b>Basket weaving</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 9:00am-12:30pm</li> <li>Location: Room 303</li> <li>Instructor: Lynne Bowers</li> </ul>	<p><b>Belly Dance for Beginners (Women Only)</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 11:30am-12:30pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p><b>Belly Dancing - (Women Only)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 1:00pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Great for your abdominals</li> </ul> <p><b>Camera Club</b></p> <p>Please visit website for meeting times. Instructor: Claude Kelly Website: <a href="http://www.scphotogroup.com">www.scphotogroup.com</a></p> <p><b>Ceramics</b></p> <ul style="list-style-type: none"> <li>Tuesday and Thursday</li> <li>Time: 9:00am - 11:00am</li> <li>Location: Ceramic/Clay Studio</li> <li>Instructor: Mary Lamson</li> <li><b>Please remember your annual \$10 firing fee</b></li> </ul> <p><b>Clay (Beginning Hand building / Wheel Demonstration)</b></p> <ul style="list-style-type: none"> <li><u>Monday Beginning Aug 25 - Nov 17, 2014</u></li> <li><u>Sign up starts August 11th</u></li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00, plus \$10.00 firing fee</li> <li>Pay at signup; no refunds</li> <li>Class will include un-instructed lab time on Tuesdays (Aug 26– Nov 25, 2014) from 1-3 p.m. This lab time will be used for practice.</li> </ul>	<p><b>Clay (Intermediate Hand building)</b></p> <ul style="list-style-type: none"> <li><u>Wednesday beginning Aug 27 – Nov 20, 2014</u></li> <li><u>Sign up starts August 11th</u></li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00, plus \$10.00 firing fee</li> <li>Pre-requisite must have taken beginning hand building.</li> </ul> <p><b>Clogging - (Beginning)</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 10:00am-11:30am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Must have 8 new beginners</li> <li>Sign up in office</li> </ul> <p><b>Clogging - (Intermediate)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 11:15am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p><b>Dulcimer (Beginners)</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 11:00am</li> <li>Location: Atrium</li> <li>Instructor: Sharon McCurry</li> <li>Learn to play this beautiful Instrument</li> </ul> <p><b>Intermediate Dulcimer</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 11:00am</li> <li>Location: Atrium</li> <li>Instructor: Mark Farmer</li> </ul> <p><b>Exercise for Everybody</b></p> <ul style="list-style-type: none"> <li>Tuesday &amp; Thursday</li> <li>Time: 10:30am</li> <li>Location: Gym</li> <li>Instructor: Kevin Lytle</li> </ul>

Fall Session Classes 2014		
<p><b>Happy Day Singers</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 9:45am</li> <li>Inspirational singing at nursing homes</li> </ul> <p>Any member wanting to participate meet outside the senior center office each Monday at 9:00 a.m. we travel by bus to the location where we are scheduled to sing.</p> <p><b>Jam Session</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 12:30 noon</li> <li>Location: Cafeteria</li> <li>Bring your instrument and play with the group, dance or just enjoy the music!</li> </ul> <p><b>Karaoke</b></p> <ul style="list-style-type: none"> <li>3rd Tuesday each month</li> <li>Time: 4:00pm</li> <li>Location: Cafeteria</li> <li>Bring a snack</li> </ul> <p><b>Knitting Class</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 1:00 - 3:00pm</li> <li>Location: Room 303</li> <li>Instructor: Barbara White</li> <li>All skill levels</li> </ul> <p><b>Lap Swimming</b></p> <ul style="list-style-type: none"> <li>M-F</li> <li>Time: 8:00am-11:00am</li> <li>Location: Aquatics Center</li> <li>No instructor, lap swimming</li> <li>Locker room and warm water pool available for use.</li> </ul>	<p><b>Laughter Yoga</b></p> <ul style="list-style-type: none"> <li>Tuesdays</li> <li>11:00am –12:00 Noon</li> <li>Room: 302</li> <li>Instructor: Dr. Sharmi Mentha</li> <li>Please sign up by August 25 in the senior center office.</li> </ul> <p><b>Mahjong</b></p> <ul style="list-style-type: none"> <li>Friday</li> <li>Time: 1:30pm</li> <li>Location: Multipurpose Room</li> <li>Instructor: Jean Chang</li> </ul> <p>Beginners to Advanced players Welcome.</p> <p><b>Mini Cardio Exercise Class</b></p> <ul style="list-style-type: none"> <li>Tuesday &amp; Thursday</li> <li>Time: 8:45am - 9:15am</li> <li>Room: 302</li> <li>Instructor: Roger Hixson</li> </ul> <p><b>Piano Lessons</b></p> <ul style="list-style-type: none"> <li>Thursdays</li> <li>Time: 2:00pm-4:00pm</li> <li>Room: Multipurpose Room</li> <li>Instructor: Freda Karsnak</li> <li>Fee: \$15.00 paid to instructor</li> <li>Call to schedule appointment 423-292-2711</li> </ul> <p><b>Quilting</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 9:00am - 10:30am</li> <li>Location: Room 303</li> <li>Instructor: John Plutchak</li> </ul> <p><b>Renaissance Strings</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 10:00am - 11:00am</li> <li>Location: Atrium</li> <li>Instructors: Mark Farmer</li> </ul> <p><b>Rook</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>4:00pm</li> <li>Card Room (Bring snack to share)</li> </ul>	<p><b>SilverSneakers Classic</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday &amp; Friday</li> <li>Time: 8:15am - 9:00am</li> <li>Location: Gym</li> <li>Low Impact Aerobics</li> <li>Instructor: Terri Bowling</li> </ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday &amp; Friday</li> <li>Time: 10:15am - 11:00am</li> <li>Location: Gym</li> <li>Instructor: Terri Farthing</li> </ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>Tuesday, Thursday</li> <li>Time 9:30am - 10:30am</li> <li>Location: Gym</li> <li>Instructor: Kevin Lytle</li> </ul> <p><b>Tai-Chi</b></p> <ul style="list-style-type: none"> <li>Monday &amp; Wednesday</li> <li>Time: 8:30am</li> <li>Location: Senior center, Room 310</li> <li>Instructor: Hang Lei</li> </ul> <p><b>Woodcarving</b></p> <ul style="list-style-type: none"> <li>Thursdays</li> <li>Time: 9:00am - 12:00 noon</li> <li>Location: Room 303</li> <li>Beginners welcome</li> </ul> <p><b>Woodshop</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday, Friday</li> <li>Time: 9:00am-2:00pm</li> <li>Location: Woodshop</li> <li>Volunteer Instructors</li> <li>Complete woodshop. <b>Safety test Required, given 1st Monday of each month at 9 am.</b></li> </ul> <p><b>Zumba</b></p> <ul style="list-style-type: none"> <li>Tuesday and Thursday</li> <li>Time: 8:15am</li> <li>Location: Gym</li> <li>Instructor: Terri Bowling</li> </ul>

# FALL 2014 BRANCH SITE SCHEDULE

***New class schedule begins September 2nd unless otherwise noted***

**Core Conditioning**

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

**Beginning Crochet (Begins Sept 10)**

- Wednesday
- 6 week class
- 10:30-
- Instructor: Susan Egan
- Location: Lynn View Branch Site
- \$20.00
- Must be right handed, call for materials list. 765-9047

**Intermediate Crochet (Begins Sept 10)**

- Wednesday
- 6 week class
- Instructor: Susan Eagan
- Location: Lynn View Branch site
- 11:30
- \$20.00
- Bring your own pattern

**Beginning Drawing**

- Monday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Fee: \$25 Minimum 5 students
- Basic drawing class

**Advanced Drawing**

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

**Line Dance - Beginning**

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club (Sept 8)
- Instructor: Lyna Faye McConnell

**Line Dance - Intermediate**

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club (Sept 8)
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

**Advanced Yoga**

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

**Private Personal Training with Chris**

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

**Artist and Crafters Monthly Breakfast**

- 2nd Wednesday \*NOTE DATE CHANGE
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

**Yoga**

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

**SilverSneakers Muscular Strength and Range of Movement**

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Piloxing**

- Tuesday
- Time: 9:30am
- Location: Colonial Heights Baptist Church (Sept 2)
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

**Total Body Workout**

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

**Game Day**

- 3rd Monday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

**Pickleball**

- Monday and Wednesday
- Time: 10:00pm - 12:00pm
- Lynn View Branch Site

**Silver Sneakers Yoga**

- Wednesday
- Time: 11:00am
- Location: Colonial Heights (Sept 3) Baptist Church
- Instructor: Darlene Taylor

**Indoor Walking**



- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

**Silver Sneakers Yoga**

Monday and Wednesday  
Time: 11:00  
Location: Lynn View Branch Site  
Instructor: Chris Hicks

**Artists Wanted**

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information.  
Cindy at 423 392-8402 or 423-765-9047.  
Visit our website  
[www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com)  
And like us on Facebook

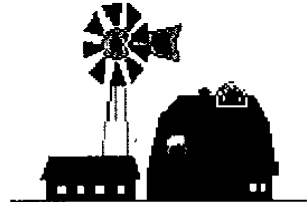
<div data-bbox="108 475 677 615">  <b>Adult Education</b> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <div data-bbox="124 1174 514 1442">  </div> <p><b><u>21ST CENTURY JOB SEEKING *NEW</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• Fee \$100</li> <li>• Instructor: TBA</li> <li>• Wednesday 6:00pm - 8:00pm</li> <li>• Location: Computer Lab, Senior Center</li> <li>• Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview</li> </ul> <p><b><u>2008 National Electric Code (Commercial) Begins September 22</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$75</li> <li>• Monday 6:00pm - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential) Begins January 26</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee \$75</li> <li>• Monday 6:00pm-8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul>	<p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• Part I</li> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesday 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><b><u>CULTURAL/ARTS/CRAFTS</u></b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make five cards and take materials home to make five additional cards.</p> <p><b><u>Beginning Chinese Class</u></b></p> <p>Wednesdays 11 classes 4:00 P.M. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p>Thursdays 11 classes 4:30 p.m. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>Intermediate Chinese Class</u></b></p> <p>Wednesdays 11 classes 5:15 P.M. Instructor: Jean Chang Fee: \$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>HEALTH/EXERCISE</u></b></p> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> <li>• Contact Chris (423-741-5643)</li> </ul>	<p><b><u>***Pound Fit</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks</li> <li>• \$30</li> <li>• Instructor: Darlene Taylor</li> <li>• Tuesdays 6:00</li> <li>• Location: Renaissance Center Room 302</li> </ul> <p>Exciting new aerobic exercise class using pound drum sticks. Drum sticks will be available for purchase</p> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks</li> <li>• \$25 fee per session</li> <li>• Thursday, 5:15pm</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday, 6:00pm</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• Location: Kingsport Renaissance Center</li> <li>• \$30.00 payable first night of class</li> </ul> <p><b><u>DANCE CLASSES</u></b></p> <p><b><u>Beginning/Intermediate Line Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class</li> <li>• Fee: \$25</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Thursday, 6:30pm - 8:30pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 weeks class</li> <li>• Tuesday and Thursday</li> <li>• Time: 1:30pm</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> </ul> <p>* Call for starting dates where not listed.</p>
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# Kingsport Senior Center

Presents a Fabulous Trip To

## ***Lancaster, PA***



### **Your 3 Day/2 Night Package Includes:**

2 Nights Hotel Accommodations

2 Breakfasts at your Hotel

**2 Dinners Including 1 Amish Style Dinner Feast**

**A Sight & Sound Theater Production "Moses"!**

*The parting of the Red Sea ... the Burning Bush ... the Plagues ... the Ten Commandments ... finally ... the greatest Biblical epic of the Old Testament comes to life on the Sight & Sound stage in Moses!*

### ***Guided Tour of Lancaster County***

*Taking you deep into the heart of the oldest Amish community in the world, as well as some of the most beautiful farmland you'll ever set eyes upon.*

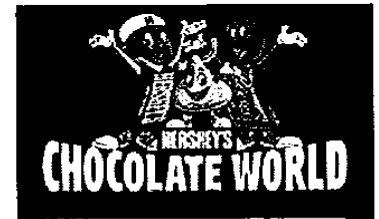
### **Visit Hershey's Chocolate World**

*Enjoy the Great American Chocolate Tour, where you will see, feel and hear the processes that deliciously transform the beans into milk chocolate!*

### **Shopping at an Amish Farmers Market**

*You will find Amish quilts, crafts and furniture as well as fresh produce, cheese, meats, baked goods and more!*

Standard Taxes, Meal Gratuities and Baggage Handling,  
Motor Coach Transportation



### **For Information and/or Reservations, Please Contact:**

**Shirley Buchanan @ 423-392-8405**

**Trip Date:** November 17 – November 19, 2014

**Price:** \$404.00 Per Person – Double Occupancy

**Travel Protection:** Travel Protection can be purchased at \$51.00/person --

## **Sign up now!**

## **\$100 deposit due by August 15, 2014**

## **Final Payment Due September, 15, 2014**

**Kingsport Senior Center Art Show**  
**October 1-29<sup>th</sup>, 2014**

Area seniors are invited to feature their arts and crafts in a show in the 2<sup>nd</sup> floor Atrium Gallery: October 1<sup>st</sup> – October 29<sup>th</sup>, 2014.

**WORKS ELIGIBLE ARE: DRAWINGS, PAINTINGS, SCULPTURE, PRINTS, FIBER ART, AND HAND BUILT CERAMIC WARE.**

**ALL ENTRIES MUST HAVE BEEN COMPLETED WITHIN THE LAST TWO YEARS. ONLY ORIGINAL WORKS OF ART WILL BE ACCEPTED. ARTISTS MUST BE 50 YEARS OF AGE. THIS IS A JURIED SHOW AND ALL JUDGING DECISIONS ARE FINAL.**

**\*\*All artists assume the risk associated with showing work. Kingsport Senior Center and the City of Kingsport are not liable for any damage or loss\*\***

**AWARDS ARE AS FOLLOWS: 1<sup>ST</sup> PLACE--\$75; 2<sup>ND</sup> PLACE--\$50, 3<sup>RD</sup> PLACE--\$25; AND PEOPLE’S CHOICE AWARD--\$25.**

**ENTRY FEE IS \$5.00 FOR (3) THREE PIECES, ANY ADDITIONAL ENTRY WILL COST \$2.00 EACH PIECE. Payable in the Senior Center Office. PLEASE DROP OFF ARTWORK BETWEEN September 2<sup>nd</sup>-30<sup>th</sup>, 2014, 8 am-7pm, IN THE SENIOR CENTER OFFICE.**

**A reception recognizing artists will be held at 2:00 pm on October 24<sup>th</sup>.**

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**REGISTRATION AND ENTRY FORM (Please Print)**

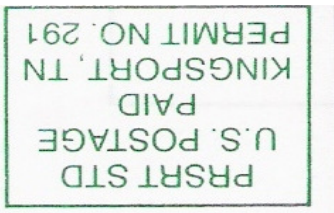
**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**ENTRY CATEGORIES:**

	<b>Name of Piece</b>	<b>MEDIUM</b>	<b>Price</b>
<b>#1</b>	_____	_____	_____
<b>#2</b>	_____	_____	_____
<b>#3</b>	_____	_____	_____



**Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400**

# Trunk Sale

**Friday, September 26**

**Front Parking Lot**

**8:00a.m.-12 Noon**

**FREE**

Reserve your spot today!

Come and find some great  
items for a  
terrific price!